

WIC Nutritionist Training Agenda

DAY 1: Monday, March 3, 2003

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| 10:00-10:45 | Welcome/Introductions |
| 10:45-11:45 | <p>Welcome to WIC</p> <ul style="list-style-type: none">• WIC's Mission, Philosophy and Results• Overview of Key WIC Policies• Your Unique Responsibilities• Utilizing Nutrition Standards in WIC <p><i>Jacqueline Beard, R.D., C.D., WA State WIC</i></p> |
| 11:45-12:15 | Connecting with your Local Program Consultant (LPC) |
| 12:15-1:15 | Lunch |
| 1:15-2:30 | <p>Effective Breastfeeding Promotion: What is it? and What is Your Role?</p> <ul style="list-style-type: none">• Benefits of Breastfeeding• How WA WIC Measures Up – Breastfeeding Data• What works in WIC Clinics? <p><i>Jean O'Leary, MPH, R.D., WA State WIC Program</i></p> |
| 2:30-2:45 | Break |
| 2:45-4:25 | <p>Maximizing the Nutrition High Risk Care Plan Tool</p> <ul style="list-style-type: none">• Review High Risk Criteria• Effective Use of RD Wizard and Reports• Customizing for Your Clinic Needs (Preferences) <p><i>Margaret Dosland, RD, CD, WA State WIC Program</i></p> |
| 4:25-4:30 | Renewing Your Spirit |



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DAY 2: Tuesday, March 4, 2003

Interpreting Nutrition Assessment Data

Deborah Ahern, Ph.D., R.D., Nutrition Consultant

8:30-10:30

Part 1: Diet

- Dietary Assessment in Infants
- Cultural Issues
- Overcoming Barriers in Dietary Assessments

10:30-10:45

Break

10:45-11:30

Part 2: Iron Status

- Screening for Anemia
- Assessment During Pregnancy

11:30-12:30

Lunch

12:30-2:15

Part 3: Growth

- What is Normal Growth Rate?
- Classification of Malnutrition
- Rapid Growth and Obesity
- Discussion/Case Studies

2:15-2:30

Break

2:30-4:25

Part 4: Weight Gain In Pregnancy

- Low Weight Gain in Obese Clients
- The Pregnant Adolescent
- Rapid Weight Gain
- Discussion/Case Studies

4:25-4:30

Renewing Your Spirit



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DAY 3: Wednesday, March 5, 2003

8:30-10:30	Enhancing Motivation for Behavior Change <ul style="list-style-type: none">• Stages of Change• Dancing without Wrestling- A Motivational Enhancing Personal Style• Effective Brief Intervention Strategies Marian Johnson, M.S., R.D., Women's Health Initiative
10:30-10:45	Break
10:45-12:15	Using WIC Nutrition Education Plans Effectively <ul style="list-style-type: none">• Using WIC Data for Developing Nutrition Education Strategies• Writing Objectives That RUMBA• CIMS Survey Tabs and Reports Jean O'Leary
12:15-1:15	Lunch
1:15-3:00	Creative Strategies For Providing Nutrition Education <ul style="list-style-type: none">• Electronic Nutrition Education Sue Babi, Local Program Consultant• Healthy Habits Mini-grants Sheryl Pickering, Local Program Consultant
3:00-3:15	Break
3:15-3:45	Creative Strategies Cont. <ul style="list-style-type: none">• Facilitating Discussions Margaret Dosland
3:45-4:25	Explore Resources on the Web Jacqueline Beard
4:25-4:30	Renewing Your Spirit

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DAY 4: Thursday, March 6, 2003

- 8:30-10:10 Nutrition Risk Criteria: It Doesn't Have to be "Risky Business"
- Understanding the Federal Nutrition Risk Criteria
 - Focusing on Washington's High Risk Criteria
- Jacqueline Beard***
- 10:10-10:25 Break/Travel
- 10:25-11:10 Nutrition Concerns Among Children With Special Health Care Needs
- Overview of CSHCN program
 - How to Obtain Formulas Not Provided by WIC
 - CSHCN community contacts
 - Billing for Healthy Kids Consultation
- Maria Nardella, MA, RD, CSHCN Nutrition Consultant***
- 11:10-12:15 WIC and First Steps Breakout Session
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| <u>First Steps Fundamentals</u> | <u>Challenges for Coordinating WIC and MSS</u> |
| <ul style="list-style-type: none">• Goals, Outcomes, and Eligibility Criteria• MSS Training and Consultation Available | <ul style="list-style-type: none">• Integrating WIC and MSS• Billing Coordination |
| <i>Judith Oliver, MS, RD, MSS Nutrition Consult.</i> | <i>Donna Oberg, MPH, RD Public Health Dept of Seattle King County</i> |
- 12:15-12:30 Renewing Your Spirit
Wrap-Up and Feedback Forms

